

THE SAM HAS TWO ALLIES IN THE KITCHEN—FASHION TURNS TO CALICO—HINTS ON HEALTH

BEACH WEARS ITS CALICO WOMEN COPY CIVIL WAR TIMES... Fashion Proves Fashion Is an Interesting Circle and Feminine Fancies Run in Same Channel—Other Dress Notes

Not So Simple WE have got to have guns, we have got to have men, we have got to have ships, we have got to have money. But the guns can't be fired, the men cannot fight, the ships cannot run, the money will avail nothing if there is not FOOD behind them.

IN THE MOMENT'S MODES Black Velvet Suit Trimmed With Dyed Fox With Dyed Fox

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of paper and signed with the name of the writer. Special queries like those given below are invited.

TODAY'S INQUIRIES 1. Is Kathleen Norris, the novelist, married? 2. What is the origin of stocks on stockings?

ANSWERS TO YESTERDAY'S INQUIRIES 1. At a recent meeting of the French Union for Women's Suffrage, Deputy Han-din, intermediary between the Chamber of Deputies and the Union, told the women France was sincerely prepared to grant them the vote.

Kitties Want Homes Dear Editor of Woman's Page: I have seen in the Woman's Exchange a notice that you are good and kind to those who write for Kitties.

Fricasseed Oysters Dear Madam—Will you please print a recipe for fricasseed oysters? I have seen the liquor from a quart of oysters and bring to the boiling point.

To Clean Linoleum Dear Madam—Can you kindly tell me what is the best way to clean linoleum? I have seen a recipe in the Woman's Exchange to take the proper precautions in this, and I would like to know more.

An Elusive Recipe Dear Madam—I would like if possible to see a recipe for fried bananas as they are so delicious. I have seen a recipe in the Woman's Exchange and I would like to know more.

A Case for the Red Cross Dear Madam—There is a woman in our neighborhood whose son has gone to war and she is in need of help. I would like to know if the Red Cross can help her.

Tomorrow's War Menu

BREAKFAST Baked Apples filled with Dry Cereal Omelet Coffee Luncheon Creamed Codfish Honey Corn Muffins Cocoa Dinner Crabs a la Creole Baked Stuffed Potatoes Dressed Lettuce with Pickled Beets Chocolate Cornstarch

A Child's Thought of God

They say that God lives very high: On my shut lips my kisses' pressure, You cannot see our God; and why? And if you did dig in the mines You never see Him in the gold: Though from Him all that's glory shines, God is so good, He wears a glory of heaven and earth across His face— Like secrets kept, for love, untold. But still I feel that His embrace Slides down by thrills, through all things made. Through sight and sound of every place, As if my tender mother laid On my shut lips her kisses' pressure, Half waking me at night, and said, "Who blessed you through the dark, dear guesser?" —Elizabeth Barrett Browning.

AMERICAN WOMEN, IN HOME LABORATORIES, ARE DOING A LIBERAL "BIT" TO END THE WAR



Two Patriotic Housewives of the U. S. Are Contributing Quietly but Effectively Through Garden and Kitchen to the Campaign Toward Ultimate Victory by Conservation of the Nation's Foodstuffs

AMERICAN women are helping to win the war in their own homes. Quietly and unostentatiously their work is being done, without the spectacular thrills attendant upon the entry of women into actual fighting, such as that of Russian womanhood in the immortally famous Battalion of Death. Where the Slav wife and mother donned the gray uniform, buckled on her cartridge belt and shouldered the bayonet-tipped rifle, the American woman is striking blows for victory in her kitchen and garden. Food chemists they are, in the laboratories of the home.

GOOD HEALTH QUESTION BOX

In answer to health questions, Doctor Kellogg in this space will give advice on preventive medicine, but in no case will he take the risk of making diagnosis or prescribing for ailments or drugs. Health questions will be promptly answered by personal letters to inquirers who enclose stamped envelopes for reply.

Nutritious Dried Fruits

THE greater the amount of fruits one eats the nearer he comes to an ideal diet. There is no question about the hygienic value of fruit, and it is easy to partake of hygienic food when one's taste is satisfied at the same time. Year by year people are consuming larger quantities of fresh fruit, and it is no longer considered a luxury or an occasional addition to a meal, but takes a prominent place in the planned menu.

Are You Fit To Do Your Bit?

We can't all go to the trenches, but these are times that call men and women to "the firing line" in all departments of industry. Are you fit to do your bit?

Shredded Wheat Biscuit

is the whole wheat grain made digestible by boiling in steam; it is then shredded and then baked crisp and brown in coal ovens. It is 100 per cent. whole wheat, nothing wasted, nothing thrown away.

Some Breakfast, Mother

You'll hear that cheery call after the first mouthful tomorrow—if you will give him Cream of Barley. It is not a mere excuse for cream and sugar. It is a real food—because it is made by a wonderful new process from the most nutritious and digestible of grains—from barley.



Your Husband's Shirts

When your husband's shirts wear around the collar bands and cuffs beyond mending why throw them away? They will make pretty dresses for the small tot just waiting.

Worn Buttonholes If buttonholes have become worn or frayed on a woven garment set a small piece of cloth over each side of the buttonhole, stitching tightly all around.

Using the Colors The colors of the Allies or of your own country, at least, are shown in so many, many different ways nowadays that it is indeed difficult to choose a novel place to put them.

Boy Is Nervous and Irritable My boy, eleven years old, studies hard, reads a great deal and does not like to play outdoors. He is very irritable and nervous. The doctor says he has neurasthenia. Do children suffer from neurasthenia?

Neurasthenia often begins in childhood. Multitudes of children are made neurasthenic by wrong methods in education, especially by the neglect of physical development, and by improper discipline in the school or in the home.

Sterling Importers & Women's Tailors 1210 Walnut Street Truly Wonderful Values In This Big January Clearance Sale of Suits, Frocks, Afternoon Dresses, Coats and Blouses

LUIGI RIENZI 1714 Walnut Street Semi-Annual Clearance Sale Suits Dresses Velour, Cheviot, Worsted, Fur-trimmed and plain. Originally to \$60. \$20 \$29.50 Satin, Georgette and Satin Combinations. Originally to \$75. \$29.50 \$34.50 FURS Coats, Capes, Scarfs, Muffs Entire Stock At 1/2 to 2/3 Former Prices All Winter Hats \$5.00

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